UCSF Newsbreak

News for the UCSF Campus Community

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INSIDE

3 Women's History Month events at UCSF

5 Paxil shown to decrease hostility, increase cooperation

8 Mobetron delivers radiation treatment in the OR

Not just blowing smoke: Rice's research leaves a burning impression

By SARAH ELLIOTT

Smoking is hazardous to your health — hardly a blinding revelation. The surgeon general broke that news more than 30 years ago. Smoking-attributed deaths — which number 400,000 annually according to the Centers for Disease Control and Prevention — underscore daily the disclaimer emblazoned on cigarette packs. And even the tobacco industry has admitted their product is addictive. Yet attempts to curb this harmful habit, including the recently enacted ban on smoking in California's bars and casinos, are faltering against the formidable tenet that smoking is a personal right, with personal consequences.

A blow was dealt to that argument on March 9 with the release of a public health report by a team of University of California health care economists. According to their research, smoking adversely affects smokers and non-smokers alike, some say where it hurts the most — in our wallets.

The figures compiled by the researchers show smoking-related illnesses have burdened taxpayers with almost $13 billion annually in Medicaid costs alone. Broken down by state, the numbers will buttress state attorneys general in their litigation against the tobacco industry.

"It has been positively exciting to have my research become such an important tool for the policy analysts," said Dorothy Pechman Rice, a co-author on this groundbreaking study with UC Berkeley's Leonard Miller, among others. A professor emeritus of health economics at UCSF's Institute for Health & Aging, Rice is no stranger to this type of research, having spent most of her 50-plus year career assigning a dollar figure to illnesses. She published her first article on smoking-attributable costs in 1986.

David Powers

UCSF's Institute for Health & Aging is establishing the Dorothy Pechman Rice Program in the Economics of Health and the Cost of Illness and Injury in honor of her lifetime of work in the field.

"It is important that adults make up their own minds," Rice conceded. "But the tobacco industry should pay the price for their lies and deceit in the past related to addiction and smoking cigarettes."

While the President and Congress are poised to reach a global settlement with the tobacco companies, Rice is not entirely satisfied with the proposal.

"I not only feel that the amount of money ($368.5 billion) is not high enough on the basis of our numbers, I also feel that the tobacco industry should not be given immunity from future litigation."

Rice began her seminal work — compiling data on the direct and indirect costs of illness and injury — in 1963 as an economist at the Public Health Service (PHS). The presidential commission on cardiovascular disease and cancer consulted the PHS on the costs of heart disease, cancer and stroke before coming out with their own recommendations. "That resulted in the Regional Medical Program, a very good program that provided funds for training physicians, and it was in response to those cost estimates that I had prepared," Rice relates proudly.

One of the only female health economists in the 1940s, Dorothy Pechman had led a "bit of a sheltered life" in Brooklyn, NY, until her brother Joseph, who served as director of economic studies at Brookings Institution for 25 years and as an advisor to many democratic presidents, lured her to the University of Wisconsin. As a student of labor economics, she was "exposed to some of the greatest people in the economics department."

Immediately after college, Rice struck out for the nation's capital. "It seemed like a good place for a young woman at that time to go," Rice said. She remained in Washington, DC, for more than 40 years, forging an impressive career path in the civil service from assistant statistical clerk for the Department of Labor to the director of the National Center for Health Statistics. Along the way she analyzed munitions requests and wage increases during the war ("I really felt I was affecting so many people, and that I was contributing to the war effort"). She then worked with the Public Health Service to allocate federal funds to state and local communities for the building of hospitals ("During the war there had really been no construction of hospitals, so there really was a need"). And even took a hiatus to have 3 sons.

"I could have continued working, my husband was all for it, but I chose to stay

See **Rice** on page 8

Physicians penalized for treating underserved patients

By CORINNA KAARLELA

When it comes to signing contracts, managed care plans appear to discriminate against physicians who treat a majority of underserved patients, according to a study by health policy experts at UCSF.

Almost a quarter of the physicians participating in the study said they had experienced either contract denial or termination from a managed care organization.

The analysis — which involved primary care physicians in 13 major urban areas in California — was reported in the March 4 issue of The Journal of the American Medical Association.

"What we found is certainly worrisome," said Andrew Bindman, principal investigator and director of the UCSF Primary Care Research Center at San Francisco General Hospital.

"The physicians who provide a disproportionate amount of care to the uninsured and to nonwhite patients were shown to be significantly less likely to have managed care patients, so rather than rewarding these physicians for their social responsibility, the marketplace seems to be excluding them," he added.

"If the penalty for caring for this population is exclusion, then more office-based physicians may decide they cannot afford to provide it. Managed care contracts are now a key element in their economic survival," he said.

Managed care organizations have begun to dominate the health insurance market over the past few years, but little is known about the problems physicians may be experiencing in gaining access to these net-

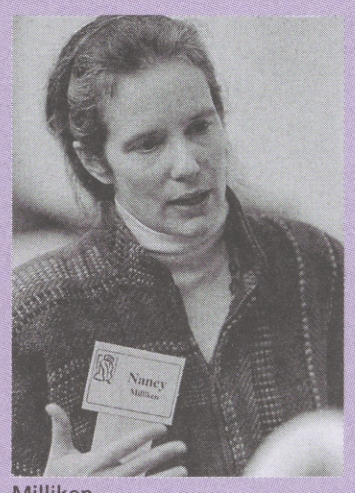
(See **Underserved** on page 7)

Women's Health/Teen Health 2000

By ABBY SINNOTT

Women have unique bodies and diverse lives and thus need to be proactive in seeking the best health care for their individual situations, said Nancy Milliken, program chair of Women's Health 2000 and director of the UC San Francisco National Center of Excellence in Women's Health (COE).

"Women's Health 2000 is designed to empower women to be proactive in their health care with up-to-date information on 29 topics of interest for women of all ages," added Milliken, associate chair of clinical programs in the UCSF department of obstetrics, gynecology and reproductive sciences.



Milliken

Women's Health 2000 and Teen Health 2000, "Gaining Knowledge and Understanding for Our Health and Wellness," is open to the public and will take place on March 21, from 8 a.m. to 4:30 p.m. on the UCSF campus.

"Health is more than the prevention of disease; it is influenced by the choices we make regarding the relationships we form," said Tracy Weitz, center manager for the COE, who will speak on the subject of childfree living at Women's Health 2000.

Other symposium topics that will explore relationships include caring for older parents and yourself, domestic violence, risk taking and raising girls, and dual-career relationships.

For the second year, Teen Health 2000, geared for teens between the ages of 13 and 18, also comes to UCSF. Teen workshops — covering topics such as safe sex, dating, activism, money and jobs — will encourage young women to start a dialogue about healthy living and fulfilling lives.

Susan Blumenthal, Assistant US Surgeon General, will deliver the keynote address at Women's Health 2000. An internationally recognized expert in women's health, Blumenthal served as the country's first woman Deputy Assistant Secretary for women's health in the Department of Health and Human Services.

Women's Health 2000 is presented by the Obstetrics and Gynecology Research and Education Foundation, UCSF department of obstetrics, gynecology and reproductive sciences, UCSF National COE, KRON-TV and *The San Francisco Chronicle*.

How to Choose Your Doctor Under Managed Care

"Many women are the shoppers for their family's health care and may find the array of choices daunting," said Laurel Dawson, founding physician of BaySpring Women's Medical Group, co-director of UCSF Women's Health and COE clinical director. "Understanding

(See **Symposium** on page 3)

UCSF closes child inpatient unit at LPPI

The Child Inpatient Unit at the Langley Porter Psychiatric Institute (LPPI) will be closing on March 31. LPPI is a free-standing psychiatric hospital whose medical staff are part of the department of psychiatry faculty in the medical school at UCSF. LPPI was established in 1943 with the mission of training professionals in the field of psychiatry and developing new and improved methods for treating mental illness.

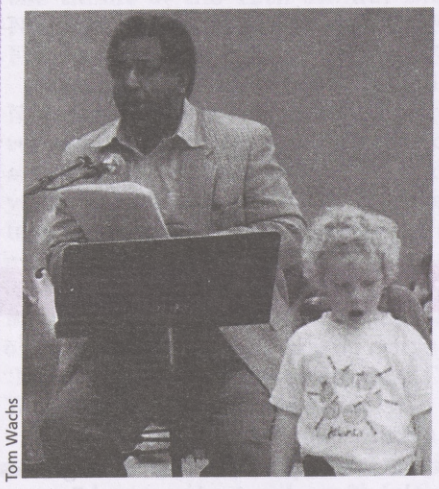
"The Child Inpatient Unit has been in service for more that 50 years and has served the Bay Area well, making this decision a difficult one," said Glen Elliott, director of child and adolescent psychiatric services at LPPI. "Many effective alternatives to hospital-based inpatient care have arisen over the years. As a result, our inpatient unit has had a very low census and we no longer are able to sustain these services. This is especially true given the low rates of reimbursement paid by insurers for the intensive level of acute care provided to children who still need hospitalization."

County Mental Health Directors in Northern California were all notified of the closure last month. Inpatient child psychiatric units remain open at Ross Hospital in Marin County and in the East Bay at the California Specialty Hospital in Vallejo and CPC Walnut Creek Hospital.

LPPI remains committed to training professionals in all fields of psychiatry, including child psychiatry. The Institute is exploring new ways to continue to provide the broadest possible range of supervised, substantive clinical-care experience for future generations of child psychiatrists.

LPPI is not part of UCSF Stanford Health Care, and the decision to close the Child Inpatient Unit is unrelated to the merger of the medical centers at Stanford University and UCSF.

—Jeffrey Norris



Tom Wachs

Kids get the beat at special orchestra performance

Chancellor Haile T. Debas joined the UCSF Orchestra Saturday, February 28, for its performance of Serge Prokofiev's *Peter and the Wolf.* Debas provided narration for the special children's concert, which raised funds for the orchestra and the UCSF Child Care Center. Mark Swanson, who currently serves on the orchestra conducting staff of the San Francisco Conservatory where he directs the Conservatory Chamber Orchestra, was guest conductor.

Scores of adults and children packed into Millberry Gymnasium to hear the orchestra perform two pieces, *Peter and the Wolf* and Modest Mussorgsky's *Night on Bald Mountain.* Empact! and the UCSF Child Care Study Center sponsored the event.

The 60-member orchestra, founded in 1989, is made up of accomplished student, faculty, staff and community musicians, who rehearse weekly and perform several concerts a year.

Appointments

Grant Gauger, UCSF associate clinical professor of neurosurgery and acting chief of the neurosurgery service at SFGH: Reappointed to a three-year term on the board of directors of the Foundation for International Education in Neurological Surgery, an organization that promotes and supports the teaching of neurosurgery in medically underserved areas throughout the world.

Charles A. Gooding, professor of radiology and pediatrics; executive vice chairman, department of radiology: Elected president of the Society for Pediatric Radiology. He was recently named honorary member, Nepal Radiology Society; awarded an honorary fellowship at the College of Radiologists, London; made honorary professor of radiology, Francisco Marroquin University School of Medicine, Guatemala City, Guatemala; and honored by the International Society of Radiology, New Delhi, India, as Beclere Medal and Lecturer.

Kaarlela

Corinna Kaarlela: Appointed news manager for the UCSF News Office at SFGH.Kaarlela will be responsible for managing the news and communication programs for the UCSF clinical/research enterprise based at SFGH, working in collaboration with the marketing team of the Community Health Network, a public health care delivery system that integrates the resources of the SF Department of Public Health and its community health centers, SFGH, and UCSF. She has worked in the UCSF campus news department for 17 years, serving most recently as interim director. In 1992 she was named assistant director with responsibility for overseeing the day-to-day operations of the office. She also has handled news coverage and media relations for numerous campus units, including pediatrics, fetal surgery, women's health, transplant services, otolaryngology, dentistry, and health policy. She previously served as public information officer for the Illinois Hospital Association and as a news bureau reporter at the University of Wyoming. She holds a bachelor's degree in journalism and education from Indiana University.

Honors and awards

Ernest Newbrun, emeritus professor of oral biology and periodontology in the UCSF school of dentistry: Awarded the honorary degree of doctor of dental science by the University of Sydney, Australia.

Newbrun's research focuses on metabolism and microbiological composition of dental plaque as it relates to both caries and periodontal disease.

He is the author or co-author of more than 200 scientific papers, the author of two textbooks: *Cariology* and *Fluorides and Dental Caries,* and author of numerous chapters in other books. He has served as an expert consultant to the Food and Drug Administration, the National Institute of Dental Research, the US Public Health Service, the Federal Trade Commission, the Medical Research Council of Canada, and the American Dental Association.

A leading advocate of dental public health, Newbrun has spoken out in favor of community water fluoridation before groups that have included a committee of the US Senate; a judge of the Queen's Bench in Calgary, Canada; the Ministry of Health in Santiago, Chile; a Royal Commission in Victoria, Australia; and numerous water boards and city councils in California.

Jonathon Rodnick, professor and chair, family and community medicine: Appointed to the prestigious National Advisory Committee, Robert Wood Johnson Clinical Scholar.

Denny L. Tuffanelli, clinical professor of dermatology: Awarded Messenger of Hope Award, the highest honor bestowed by the United Scleraderma Foundation. Tuffanelli conducted the scleraderma clinic at UCSF for 30 years.

Cokie Roberts in Fresno for UCSF-Fresno dinner

Cokie Roberts, special correspondent for ABC News, will be the keynote speaker at the April 2 annual Spring Dinner sponsored by the UCSF-Fresno Foundation.

She will discuss, "The Washington Scene. Since you've asked, here's how I see it...." The program is scheduled to begin at 7 p.m. at the Centre Plaza Holiday Inn, 2233 Ventura St., Fresno. The cost for the fund-raiser dinner is $2,500 for a corporate table of 10; $250 for UCSF-Fresno Founders; and $100 for individuals.

A portion of the funds raised at this year's event will benefit the Summer Biomedical Internship Program, a program for Central Valley High School students that introduces exceptional students to careers in medicine and biomedical research.

A symposium will be held earlier that day from 11:30 a.m. until 1:30 p.m., on "Medicine and the Law: The Medical and Legal Ethics of Privacy and Patient Confidentiality." The symposium will feature Associate Justice Kathryn M. Werdegar of the California Supreme Court and a panel of experts.

In addition to Associate Justice Werdegar, the panel will include Associate Justice Rebecca A. Wiseman of the Fifth District Court of Appeals who will serve as moderator; Robert Wells, director of pediatric research at Valley Children's Hospital and a licensed psychologist; Michael D. Ball, executive director of the California Health Information Association in Fresno; and Scott Ahles, UCSF-Fresno psychiatry department faculty member.

Among other topics, the panel is expected to discuss: HIV and AIDS, what are the public concerns and what are the requirements of disclosure; medical records on the Internet, is confidentiality lost in the electronic age; and what rights do citizens have to protect the confidentiality of personal health information?

The cost of the symposium, which includes lunch, is $60 for physicians and health care professionals; $60 for attorneys; and $20 general admission. Physician and attorney participation meets criteria for two credit hours of continuing medical education.

Reservations and information on both programs may be obtained by telephoning 209/265-3135.

— Joe Rosato

UCSF obtains Hartford Grant to establish Center of Excellence in Geriatrics

By DALE MARTIN

UCSF has received a $525,000 grant from the trustees of the John A. Hartford Foundation to designate UCSF as a Center of Excellence in Geriatrics.

"We're grateful to the Hartford Foundation for recognizing UCSF as part of a community of national and international leaders in geriatrics," said Seth Landefeld, UCSF professor of medicine and chief of the division of geriatrics.

The grant, he said, will help attract outstanding physicians into geriatrics and to develop these faculty to become leaders in the field.

"The mission of the center will be to improve the care and outcomes of older adults, especially those with chronic illness," Landefeld said.

The center expects to select faculty to develop and implement new ways of caring for the needs of older people; to conduct clinical research; and to train physicians and students in geriatrics.

"The major impact of the center will be in developing the next generation of leaders in geriatric medicine," Landefeld said. "These leaders will improve the skills of doctors, nurses and other healthcare providers who are not currently geriatricians. They will also develop new systems for caring for older adults."

"The major impact of the center will be in developing the next generation of leaders in geriatric medicine."

–SETH LANDEFELD

UCSF professor of medicine and chief of the division of geriatrics

Over the past 20 years, UCSF and its affiliated institutions have developed broad-based clinical, educational and research programs in aging. One of those programs, the UCSF Fellowship in Geriatric Medicine, was established in 1978 by Lawrence Feigenbaum, at Mount Zion Hospital. The fellowship now includes two physicians with four other candidates to begin in July 1998. The grant from the Hartford Foundation will enable the Center of Excellence to add additional training in research and education to the clinical training of the fellows.

The center will also begin funding research and education in areas that may include other departments and programs across UCSF, including the Institute on Health & Aging, the Center on Aging, and the schools of nursing, pharmacy, dentistry and medicine.

The John A. Hartford Foundation Inc. of New York City is a private philanthropy established in 1929 by John Hartford. Initially established to support clinically oriented biomedical research, the foundation since 1979 has focused its support on improving the quality and financing of health care and enhancing the capacity of the health care system to accommodate the nation's growing elderly population.

Private Support

UCSF is pleased to acknowledge the following gifts/pledges of $25,000 or more from individuals, corporations and foundations received February 15-28, 1998.

$500,000 or more
Centeon, L.L.C.

$250,000 - $499,999
Arthritis Foundation
Merck & Company Inc.

$100,000 - $249,999
Pediatric AIDS Foundation

$25,000 - $99,999
American Health Assistance Foundation
Barbara and Gerson Bakar
California Urology Foundation
Davidson/Sinai Research Foundation
Joseph Drown Foundation
The John E. Fetzer Foundation
Jewish Community Federation of SF/Peninsula
Estate of Wilma A. Pirag
Sarlo Family Supporting Foundation
Estate of Paula Sobotker

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Deadline for the next issue, to cover March 28-April 10, 1998, will be on **Friday, March 20.** Please fax news to Newsbreak at 476-3541 or mail to Box 0462 and calendar items to Nancy Heller at 476-8810 (nheller@itsa.ucsf.edu), all at Box 0462. Fax last-minute copy to 476-3541. For address and distribution changes, call C.J. Burleson at 476-6791.

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Editor: Sarah Elliott

Contributors: Andy Evangelista, Paula Murphy, Nancy Heller and the UCSF News Services staff

Copy Editor: Daniel Rowe

Production Assistant: Jane Bennighof

Carol Fox, assistant vice chancellor, Public Affairs

Jeff Miller, director, Public Affairs

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UCSF study suggests capsaicin significantly reduces debilitating nerve pain

By DALE MARTIN

A UCSF study has found that capsaicin, a derivative of hot chili peppers, may significantly reduce chronic, debilitating nerve pain associated with a range of diseases when used in high doses.

The study found that seven out of ten patients who suffered from debilitating foot or chest wall pain associated with HIV, diabetes or shingles improved by at least 50 percent after being treated by creams with capsaicin concentrates of five percent to ten percent. All ten participants reported some pain relief.

The patients, who found no relief from other systemic or topical painkillers, reported that capsaicin alleviated their pain for up to six to eight months, and allowed them to reduce their intake of medications and increase their daily activities.

"It took away the pain when nothing else would," said Wendye R. Robbins, a UCSF assistant professor of anesthesiology at the UCSF Mount Zion Pain Center and the study's principal investigator.

The study, published in the March 1 issue of Anesthesia and Analgesia, marks the first time capsaicin has been administered in such high concentrations to humans. It could become the foundation for more widespread use of capsaicin in treating pain related to nerve injuries, a growing focus of the medical and bioscience fields.

"This is one of a lot of new, exciting therapies that are targeting injured

nerves in different ways," Robbins said.

Capsaicin has long been used in low dosages, and is widely available in creams containing capsaicin concentrations of less than one percent.

Capsaicin in concentrations higher than one percent had not previously been used as a treatment because it causes intense burning when applied, a result of capsaicin activating nerves before anaesthetizing them.

In the UCSF study, however, patients were able to tolerate the burning because they were given regional anesthesia before the capsaicin was administered. The role of the anesthesia in promoting the effects of the capsaicin has not been determined.

Patients also took morphine to curb burning in the days following treatment, as the burning could last up to five days. Though the morphine was not effective in treating the initial pain that caused the patients' suffering, it did successfully treat the pain from burning, Robbins said. The initial burning was the only side effect of capsaicin treatment identified in the study.

Researchers were concerned that high dosages of capsaicin could affect the patients' abilities to sense extreme temperatures and pain, therefore increasing their chances for further injuries.

That concern was not included in the first UCSF capsaicin study. However, preliminary results of a subsequent study currently under way on the use of high-dose capsaicin indicate the ability to sense temperature and pain is not affected by the treatment, Robbins said.

Campus again ranks among top in NIH research funding

UCSF's four schools again ranked near or at the top in competition for federal research dollars from the National Institutes of Health in 1997.

In the last federal fiscal year, the campus received 745 NIH awards totaling $211.2 million — $1 million more than in 1996. The awards include research and training grants, contracts and fellowships.

NIH grants are highly competitive with researchers from across the country vying for the limited funds. Peer review determines who receives NIH research money. At UCSF, numerous basic and clinical research projects aimed at understanding or treating a variety of illnesses have been supported by NIH.

All four UCSF schools placed in the top three, with the School of Pharmacy holding its number-one ranking. The School of Pharmacy received 47 awards totaling nearly $12.5 million in 1997. It ranked ahead of pharmacy programs at University of Utah ($9.4 million), University of Arizona ($5.9 million) and University of Kansas ($4.5 million). Fifty-eight institutions received NIH funds for pharmacy research and programs.

The School of Medicine received 622 awards for $180.3 million. Of 129 medical institutions receiving NIH awards last year, UCSF again ranked second, behind Johns Hopkins' $210.3 million. University of Pennsylvania ($175.3 million) and Yale ($170.8 million) placed third and fourth.

The School of Dentistry last year slipped from the top spot for the first time in six years, ranking second with nearly $13 million from 50 NIH awards. University of Washington ($17.9 million) placed first among 41 institutions, and University of Pennsylvania ($7.1 million), University of Michigan ($6 million) and University of North Carolina ($4.9 million) completed the top five.

The School of Nursing, which received 26 awards totaling $5.5 million, ranked third among 72 institutions in its category. It placed behind the University of Pennsylvania ($6.7 million) and the University of Washington ($6.5 million) and ahead of Case Western Reserve ($3.1 million) and University of North Carolina ($2.9 million).

Women's History Month

An Afternoon with Dr. Sandra Hernandez

Wednesday, March 18, noon to 1:00 p.m., HSW 300. Sandra R. Hernandez, director and chief executive officer of the San Francisco Foundation and former director of Public Health for the City of San Francisco, will give an autobiographical account of a woman's journey through her health science career. Sponsored by Public Services Programs. Call 476-4394.

Women's Self-Defense

Saturday, March 21, 10:30 a.m. to 5:30 p.m., Millberry Union Fitness Center, Studio 2. Nina Haft, a certified self-defense teacher, rape crisis counselor and holder of a black belt in Kung Fu, will teach this six-hour class for women. It will focus on street-wise personal safety, defense and escape methods including basic blocking, releases from common grabs, ground fighting and how to immobilize an attacker of any size. Strategies for confronting weapons will also be discussed. No prior experience or particular physical strength is required. Participates should wear loose and comfortable clothing. Cost is $40/UCSF affiliates; $65/general public. To register call 476-5222.

The Dorothy Rice Public Health Policy Symposium

Tuesday, March 24, 9:30 a.m. to 4:00 p.m., Laurel Heights Conference Center, 3333 California Street. The Institute for Health & Aging, School of Nursing, is hosting a day-long education symposium on public health as affected by professor Dorothy Rice's lifetime work. Speakers include Robert Butler from Mount Sinai Hospital, New York; Barbara Cooper from the Health Care Financing Administration; Daniel Fox, Milbank Fund; and Ruth Roemer, UCLA. Rice is one of the leading researchers in the field of cost of illness and injury. Call 502-5200.

Fat Chance Belly Dance

Tuesday, March 31, noon-1 p.m., MU conference center. Dance is an expression of everyday life for women in North Africa and the Middle East. With these traditions in mind, Carolena Nericcio created Fat Chance Belly Dance in 1987, blending gestures, movements and cultural influences from these regions as well as Central Asia, India and Andalusia. Bellydance is both a celebration of the female spirit and a physical display of the strength and beauty of women. Its roots can be traced back to the rituals of past matriarchal cultures and to the secular entertainments that evolved as the gypsies traveled through India, Central Asia, the Middle East, North Africa, and Spain. This performance is co-sponsored by the Women's Resource Center, Arts and Performances/EMPACT! and Reprographics.

Symposium (from page 1)

the economics of health care and the different insurance options is the first step in orchestrating your health care."

Dawson noted that the health care industry is evolving into a managed care system and each year an increasing proportion of people are covered by managed care insurance. Therefore, understanding the challenges presented by managed care will help to decrease frustration felt by patients and physicians, as well as lead to improved satisfaction and health.

"As a primary care physician, my role is not only to deliver high-quality health care, but also to educate my patients about the different managed care options and how to work within the parameters of the health care industry," Dawson noted.

At Women's Health 2000, Dawson will help her audience make sense of their health plans and benefits.

"Managed care is here to stay," she said. "Learn how to choose a physician without throwing darts at your health plan book!"

Incontinence: New Treatment Options

Forty-one percent of women over the age of 65 and 25 percent of reproductive age women experience urinary incontinence. However, many of those affected do not seek treatment for this problem, said Janis Luft, director of the pelvic floor rehabilitation and behavioral program in the UCSF Mount Zion Women's Continence Center.

"Incontinence is a don't ask, don't tell health care problem," said Luft.

Since 17 percent of incontinent women experience this dysfunction daily, it is a more pervasive problem than many other chronic illnesses, explained Luft. However, urinary incontinence is treatable by a variety of methods that do not always involve surgery, she said. Treatment options include pelvic floor exercises, bladder retraining, electrical stimulation, medication, bladder neck support devices, surgery and injectable collagen.

Although there are a number of factors that contribute to incontinence, aging, childbirth, hysterectomy, obesity and menopause are the main ones for developing the disorder.

At Women's Health 2000, Luft and Leslee Subak, UCSF urogynecologist, will discuss incontinence and new treatment options.

"We want to bring this health care problem out of the dark," Luft said.

Dual-Career Relationships: Survival Strategies

Dual-career relationships at their best can provide a rich and meaningful life experience as each partner becomes for the other an intellectual companion, best friend and lover, said Nancy Kaltreider, UCSF professor of clinical psychiatry and director of the Program for Women and the Medical Student Education Program at the UCSF Langley Porter Psychiatric Institute.

"However, because there are few role models of older couples who place high individual value on both work and family commitment, the care and maintenance of these relationships often involves more stress than either partner anticipates," said Kaltreider, who is the author of the recently published *Dilemmas of a Double Life: Women Balancing Careers and Relationships,* a book that explores the complexities women who manage careers and relationships often face.

Although there are no societal support mechanisms in place for dual-career relationships, Kaltreider said that it is essential for dual-career couples to have excellent communication skills and a sense that the family is a shared enterprise with a flexible willingness to negotiate roles.

"Active, ongoing communication is essential so that couples maintain a *relationship* and not just figure out how to juggle all of life's balls," said Kaltreider. "Ultimately, it is the intimacy and closeness that makes it all worth it."

March 14–27, 1998

14 Saturday

SYMPOSIUM: A symposium on bacterial pathogenesis will be held from 8:30 a.m. to 5:30 p.m. in N 225. It will feature speakers from UCSF, Stanford, Berkeley and UC Davis. The symposium is organized by Joanne Engel, assistant professor in residence, medicine. For more information, call 476-7355.

CPR SATURDAY: The UCSF CPR Center is hosting a free adult CPR training class, 9 a.m.-4 p.m., CPR Center. This hands-on training will enable participants to learn rescue breathing, choke saving and CPR for adults. The campus community, family members and friends are invited to enroll. Call toll-free 1-888-686-3600 to register. The CPR Center is promoting CPR Awareness and will hold an award presentation for Bystander CPR. Sponsored in part by PG&E and the American Red Cross. For more information about CPR Saturday, call 476-1817.

BEGINNER SNOWBOARD CLINICS: Outdoors Unlimited offers clinics that are tailored for the absolute beginner, and are a great way to help you learn a new skill. For pre-trip dates, call 476-2078.

FIRST AID & ADULT CPR CLASS: Outdoors Unlimited is offering this class, 6 p.m. This seven-hour Red Cross–certified course gives you the basics in first aid and adult CPR. Cost is $35/45/50. For more information, call 476-2078.

15 Sunday

COUPLES MASSAGE: Millberry Programs & Services presents this workshop from 1 to 5 p.m. You and a friend or partner will learn and practice Eastern and Western massage techniques and increase your understanding of the healing power of touch. A partner is required. Call 476-3056 for more information.

ART SHOW & TOUR: The Hospital Auxiliary of the Medical Center presents *An Opening Night Art Show & Tour,* in the evening. Enjoy cocktails and hors d'oeuvres at a private showing of art and sculpture in the beautiful new offices of Kai Yee Woo & Associates. Featured will be fine watercolor reproductions of Russian architect/artist, Alexander Usvitsky and sculpture by internationally renowned artist, Aries Lee. A tour of selected showrooms in the Design Center Showplace will be guided by Kai Yee Woo. Sales of art will benefit the Hospital Auxiliary. Cost is $50/guest. Attendance is limited. For more information and time of event, call 476-4906.

16 Monday

SEMINAR: Kyle Yu, departmental fellow, IHPS/IHA and department of radiology, presents *Prediction of Clinical Outcomes in Patients with Prostate Cancer — Role of Imaging,* noon-1:30 p.m., 1388 Sutter St., 11th Floor. Sponsored by the Institute for Health Policy Studies and the Institute for Health & Aging. Call 476-4921.

OUTCOMES RESEARCH SEMINAR: Patricia Katz, Institute of Health Policy Studies presents *Health Care Quality and Outcomes: Research and Application,* 1:45-3:30 p.m., 1388 Sutter St., 11th Floor, Seminar Room. Speakers Mary Jane Allison and Robert Wachter will discuss providers. To RSVP call 476-4924.

FIRST AID & ADULT CPR CLASS: See 3/14 listing.

17 Tuesday

ST. PATRICK'S DAY

MEDITATION CLASSES: Conducted by Brahma Kumaris Meditation Center and sponsored by the Institute of Healing Arts and Sciences, noon-1 p.m., S 158. Free. Call 563-4459.

BROWN BAG LECTURE: Ernest H. Rosenbaum, clinical professor of medicine at UCSF Mount Zion and author of "Will to Live: You Can Live Ten Years Longer with Better Health," presents *Update on the Prevention of Colon Cancer,* noon to 1 p.m., at the UCSF Mount Zion Medical Center at 1600 Divisadero Street, Herbst Hall. Listen to a discussion on the risk factors and presenting signs of colon cancer, available screening tests and treatment options. Free. Sponsored by Public Service Programs. Call 476-4394.

TECHNOLOGY IN EDUCATION WORKSHOP: The Library and Center for Knowledge Management presents *The Technology in Education Showcase: CHOMP — A Tool to Facilitate Online Instruction,* noon-1 p.m., N 217. The series will focus on a tool called CHOMP to help faculty create course home pages and online discussion forums using the Web. Faculty participating in the pilot have used CHOMP in a variety of ways to augment their courses. Presenters include Chris Cullander, biopharmaceutical chemistry, school of pharmacy, Kenneth W. Lem, school of pharmacy, Zina Mirsky, school of nursing and Gail Persily, library & center for knowledge management. These presenters will demonstrate the CHOMP tool and discuss how it has been used in courses at UCSF. For more information, contact Gail Persily at 476-3766 or visit the website at http://www.library.ucsf.edu/mdl/tie/

BOYER SEMINAR: The department of biochemistry & biophysics presents B. Brett Finlay, Biotechnology Laboratory, University of British Columbia. Finlay will discuss Enteric Bacterial Pathogen Exploitation of Host Cell Functions, 4 p.m., HSW 300. Sponsored by the Herbert W. Boyer Fund. Call 476-2521.

18 Wednesday

LECTURE: David Cram, clinical professor emeritus, presents *The Healing Touch: Keeping the Doctor-Patient Relationship,* 8-9 a.m., HSW 301. For more information, call 502-8953.

FACULTY DEVELOPMENT WORKSHOP: Deborah Simpson, Medical College of Wisconsin, along with William Margaretten, vice dean, academic affairs and David Irby, vice dean, education, present *Creating & Revising Your Educator's Portfolio,* 8 a.m., S 222. Registration and coffee start at 8 a.m. and the workshop starts promptly at 8:30 a.m. For more information, contact Dr. Irby's office at 476-2347.

BROWN BAG LECTURE: Sandra R. Hernandez, director and chief executive officer of the San Francisco Foundation and former director of Public Health for the City of San Francisco, will speak at *An Afternoon with Dr. Sandra Hernandez,* 12:10 p.m., HSW 300. Hear an autobiographical account of a woman's journey through her health science career. Free. Sponsored by Public Service Programs. Call 476-4394.

19 Thursday

BOARD OF REGENTS MEETING UCSF - LAUREL HEIGHTS

BROWN BAG LECTURE: Ilene Chazan, clinical specialist, rehabilitation services, outpatient services, presents *Oh My Aching Back and Neck,* noon-1 p.m., MCB, Room 126. Learn preventive measures for back and neck health. Free. Sponsored by Public Service Programs. Call 476-4394.

20 Friday

BOARD OF REGENTS MEETING UCSF - LAUREL HEIGHTS

WELLNESS LECTURE: Paul Lynn presents *Andropause — the Male Menopause,* noon, HSW 300. Does the "change of life" exist for men? What are the possible health risks and what can we do about it? Sponsored by the Institute of Healing Arts & Sciences. Free. Call 584-4416.

LECTURE & RECEPTION: The department of biochemistry and biophysics presents *Genes from the Fountain of Youth,* 4 p.m., HSW 300, honoring Dr. Cynthia Kenyon, The Herbert Boyer Distinguished Professor in Biochemistry and Biophysics. For information, contact Leslie Spector at 476-2624.

21 Saturday

WOMEN'S HEALTH 2000 SYMPOSIUM: UCSF hosts *Gaining Knowledge and Understanding for Women's Health and Wellness,* 8 a.m.-4:30 p.m., 513 Parnassus. This all-day symposium is geared for women of all ages. Over 25 topics will be discussed, including menopause, breast cancer, fertility and stress management. Sponsored by the UCSF department of obstetrics and gynecology and the UCSF National Center for Excellence in Women's Health, among others. Cost is $40/adults; $5/teens; $30/seniors. Call 675-0177 for more information and a free brochure.

SELF-DEFENSE FOR WOMEN: Nina Haft, a certified self-defense teacher, rape crisis counselor and holder of a black belt in Kung Fu, presents *Women's Self-Defense: Level I,* 10:30 a.m. -5:30 p.m., MU Fitness Center, Studio 2. This six-hour class for women will focus on street-wise personal safety, defense and escape methods including basic blocking, releases from common grabs, ground fighting and how to immobilize an attacker of any size. Strategies for confronting weapons will also be discussed. No prior experience or particular physical strength is required. Participants should wear loose and comfortable clothing. Cost is $40/UCSF affiliates; $65/general public. To register call 476-5222.

22 Sunday

CHILDREN'S MUSIC RECITAL: Arts & Performances presents *Save the Steinway Fund,* at 4 p.m., in the Lange Reading Room at the UCSF Library, 530 Parnassus. This concert will feature the children of UCSF faculty, staff and students. For more information or to have a child participate call 476-6761.

23 Monday

UCSF SPRING HOLIDAY

24 Tuesday

SYMPOSIUM: The Institute for Health and Aging presents *The Dorothy P. Rice Public Health Symposium,* 9:30 a.m.-4:45 p.m., Laurel Heights Conference Center. Reception follows. This day-long event brings together national public policy experts in health care financing, substance abuse, cost of illness and Medicare. Free. Pre-registration is required. Call 502-5200.

MEDITATION CLASSES: Conducted by Brahma Kumaris Meditation Center and sponsored by the Institute of Healing Arts and Sciences, noon-1 p.m., S 158. Free. Call 563-4459.

NEW BABY CLASS: *Surviving the First Two Weeks with a New Baby,* 6:30-9 p.m., ACC, 400 Parnassus Ave. Discuss new-born bathing, hygiene, diapers, diapering, crying, comforting, sleep and recognizing illness. Cost is $20 for one parent; $25 for two. Call 476-2078.

25 Wednesday

BROWN BAG LECTURE: Warren S. Eakle, professor and chair of the division of general restorative dentistry at UCSF, along with Joel M. White, associate professor and chair of the division of comprehensive care dentistry at UCSF, present *What's New in Dentistry,* 12:10 p.m., HSW 300. Learn about the newest laser and air abrasion techniques in dentistry. Free. Sponsored by Public Service Programs. Call 476-4394.

ADULT CPR: Outdoors Unlimited is offering this class, 6 p.m. This four-hour Red Cross-certified course gives you a one-year certification in adult CPR. Cost is $21/27/30. For more information call 476-2078.

27 Friday

MOBILE MAMMOGRAPHY: The UCSF van offers convenient breast cancer screening, 9 a.m.-3 p.m., UCSF/Lakeshore Plaza, 1501 Sloat Blvd. The exam costs $75 and takes about 20 minutes. Written or verbal approval from a doctor is required. Call 476-2193 for an appointment and for other dates and locations.

WELLNESS LECTURE: Tsun-Nin Lee presents *Pain, Acupuncture, and Chinese Medicine,* noon, HSW 300. Learn how the ancient system of healing can modernize modern medicine in the treatment of acute and chronic pain. Sponsored by the Institute of Healing Arts & Sciences. Free. Call 584-4416.

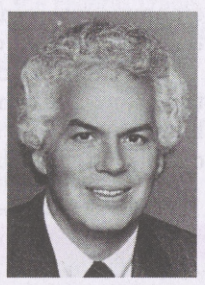
UPCOMING EVENTS

UC Alumni Career & Job Fair

The UC Alumni Associations present the Alumni Career Conference & Job Fair on Saturday, March 28 , at the Marriott City Center Hotel in Oakland. Topics include Long Range Career Planning, Balancing Personal/Professional life, Negotiating Your Way to a Better Salary and How To Perform Under Stress and Avoid Burnout. UCSF students, faculty and staff are welcome to attend. Call 800/825-2586 or 310/206-6062 for information.

Prusiner Lecture

Nobel Prize recipient Stanley B. Prusiner will present a lecture entitled *Prions: A New Biological Principle of Disease,* Tuesday, March 31 at 4:00 p.m. in Cole Hall. This occasion provides a wonderful opportunity for members of the campus and local community to hear from this celebrated neurologist about the work that has earned him international recognition.



Prusiner

The talk will be simulcast to HSW 302; N217; SFGH Medical Library (Rm. 3208); Mount Zion Hospital's Herbst Hall; VAMC's Teak Room; and the Mission Center Building 4th Floor Commons.

Cancer Registry Training Program

The Cancer Registry Training Program, held March 30-April 10, offers a short intensive overview of hospital registry operations, central registries, and other types of cancer patient data systems. Course workshops provide practice in abstracting, staging, coding, and interpreting registry data. UCSF staff and students are welcome to attend lectures if space is available. For more information, call the Cancer Patient Data Program — Research and Training, Department of Epidemiology and Biostatistics at 476-2331 and ask for Vikky McArthur.

Skin cancer training may reduce rate of missed diagnosis

By ABBY SINNOTT

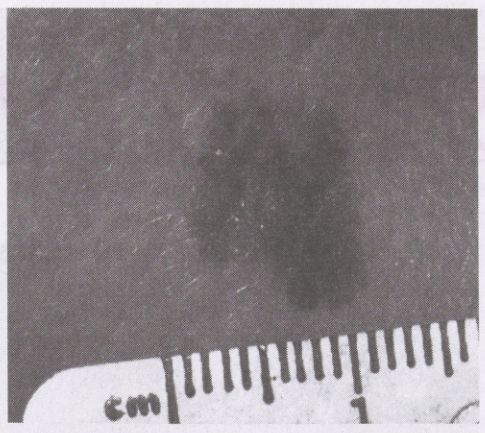
Many primary care physicians may not be able to diagnose skin cancer adequately. However, a simple and brief training can correct this deficiency, according to a UCSF study published in the February issue of the Journal of General Internal Medicine.

Study investigators report that after just three to four hours of training, primary care residents' skin cancer diagnostic abilities improved to the level of a dermatologist. This was especially true for the diagnosis of malignant melanoma.

Skin cancer is the most common cancer in the US, affecting some 900,000 Americans each year; melanoma, the most virulent form of skin cancer, is responsible for 75 percent of all skin cancer deaths, or 7,300 fatalities per year.

"Our study documents that given a targeted intervention, primary care residents' abilities to correctly diagnose and make treatment plans for cancerous skin lesions improved significantly to the level of practicing dermatologists," said Barbara Gerbert, lead author of the study and chair of the division of behavioral sciences in the UCSF School of Dentistry.

Study investigators report that most patients with skin complaints are initially examined by non-dermatologists, and because of the seriousness of missed diagnosis, it is critical for primary care physicians to be proficient in detecting cancerous skin lesions.



Malignant melanoma

In a previous UCSF study, published in the September 1996 issue of the Archives of Dermatology, researchers found that, when tested, primary care residents failed to diagnose non-melanoma skin cancers and malignant melanomas correctly 50 percent of the time. They also failed to recommend biopsies for cancerous lesions 33 percent of the time. In this study, primary care residents failed to diagnose malignant melanomas 40 percent of the time, while dermatologists failed to do so 26 percent of the time.

"Our current study also considered the shift towards a managed health care system and how that is changing primary care physicians' responsibilities," said Timothy Berger, co-author of the study and UCSF associate clinical professor of dermatology. "In managed care, primary care physicians are increasingly being asked to triage for many specialized areas of medicine, including dermatology."

Triaging involves screening, making correct initial diagnosis and treatment planning decisions, and referring patients to the appropriate specialists.

"One of the questions we tried to assess in our study is: How much do primary care physicians need to know to adequately prepare them for diagnosing skin cancers?" Gerbert said.

There are more than 2,000 different kinds of skin diseases, said Berger. He notes that while primary care physicians may not need to be as skilled as dermatologists in recognizing all of these skin conditions, at a minimum, they need to proficiently screen, diagnose and evaluate malignant lesions.

"Skin cancer is different from other forms of cancers because it is visible on the outside of the body and easy to detect if a physician is trained to recognize abnormal skin patterns," Berger said. "Immediate diagnosis is especially important for melanoma because it is 100 percent curable if caught early enough; otherwise, it is a potentially fatal disease."

During the UCSF study, a total of fifty-two primary care residents (divided equally into control and intervention groups of 26 each) and 13 dermatologists completed a pre-test and post-test in which they viewed six categories of skin lesions on slides, digitized computer images and patients.

After the pre-test, the intervention group underwent a total of three to four hours of intervention training that included a 20 minute face-to-face individualized feedback session with a coin-

See **Skin Cancer** on page 7

MEDICAL CALL BOARD

Doctoral Dissertation Study

Looking for women ages 20 to 45, at least 30 pounds overweight, not on a diet or in a program. If this describes you, earn $10 by filling out brief questionnaires for a doctoral dissertation study about eating attitudes and behaviors. Call 1-800-838-2187 for additional information.

Muscle function study

Researchers in the department of radiology at UCSF are looking for healthy men and women between the ages of 65 and 85 to participate in a muscle function study at the VA Medical Center in San Francisco. If you are a non-smoker not currently exercising regularly and free from heart disease, high blood pressure, diabetes or other major illness, you may qualify. Volunteers will be reimbursed for their participation. Please call Hung Dao or Julie Doyle, 221-4810 x2454, Monday through Friday, 9 a.m.-5 p.m., for more information.

Affects of alcohol use on lipoproteins

Researchers from the Cardiovascular Research Institute are studying how alcohol might influence the proteins in blood that carry cholesterol. There are two studies being conducted at the General Clinical Research Center, each calling for healthy, non-smoking men and women between the ages of 18 and 70. The first study requires one visit to the center, which includes an interview about dietary and alcohol intake and one blood draw. Results of total cholesterol, LDL and HDL cholesterol and triglyceride will be made available to participants. The second study (for ages 21 to 70) is a four-week study where all food is provided for four weeks in addition to white wine the last two weeks of the study. Blood is drawn three times throughout the study. Reimbursement for this study is $200.00. Call 476-7931 for more information.

UCSF Earth Fair 1998 promotes conservation on campus

By CLAIRE M. ANSELMO

In an effort to raise conservation awareness, UCSF's Water, Energy and Recycling Awareness Programs will host UCSF's second annual Earth Fair in Millberry Gymnasium on April 24.

Following the success of last year's event, the Earth Fair will include raffle prize drawings, music and food; booths and exhibits by conservation-oriented vendors and organizations; a showcase of children's artwork addressing the issue, "What can we all do to help save the earth?"; and a performance by Wise Fool Puppets Intervention, a "community" of puppets and stilt walkers, who will kick off the event with a parade down Parnassus.

"Last year's Earth Fair was a tremendous success," said Dave Bohler, manager, Utilities Division Technical Engineering Support for Facilities Management. "We had outstanding attendance and support from the campus staff and students. Everyone was interested in the displays and information available."

Chris T. Anderson

The Wise Fool Puppets Intervention will return this year to lead the Earth Fair parade on Parnassus.

Bohler, whose division leads the Water and Energy Awareness Program, said it became clear that the Earth Fair was a potent vehicle that could be used to generate energy and water conservation awareness — at least on the Parnassus campus.

"The cost of hosting the fair was reasonable, and we could reach a great many people for the investment," he said. "We immediately planned on doing it again."

This year, Bohler said he hopes to simply make the campus community aware of the role they play in helping UCSF save energy and, consequently, money from the purchased energy budget.

New to this year's Earth Fair is an electric car exhibit presented by PG&E. One of the raffle prizes will be the chance to ride in the electric car. In addition to PG&E, returning organizations and vendors include: American Cyclery, Amnesty International, Earth Tel, GE Lighting, the San Francisco Water Department, Sunset Scavengers and University Research Expeditions Program.

New participants include the Earth Fair Urban Farmers Store, Media Solution and the Sierra Club. UCSF participants include Environmental Health & Safety, Millberry Bookstore/Bear Snacks, Reprographics/ Quick Copy and several student organizations.

The fair begins at 11:30 a.m. and runs through 1:30 p.m.

Personality affected by widely used anti-depressant

By JEFFREY NORRIS

The degree to which a person is easy-going or irritable — a personality trait thought to be one of the stable touchstones of identity — can be shifted more toward the easy-going side by a drug used to treat depression, UCSF researchers report.

The evidence that drugs can act on the brain to change once-stable measures of personality is published in the March issue of the American Journal of Psychiatry by a UCSF research team led by Victor Reus and Owen Wolkowitz, professors of psychiatry at UCSF, and by postdoctoral fellow Brian Knutson.

Twenty-three mentally healthy men and women, average age 27, who took the anti-depressant paroxetine for four weeks as part of the study scored lower on survey questionnaires used to measure hostility and exhibited more engaging and cooperative behavior in puzzle-solving tasks with a partner than they did at the beginning of the study.

In comparison, a matching group of study volunteers who took only an inactive placebo pill did not change by these measures.

"Personality, a set of traits and attributes that characterize individuals and that persist throughout life, has been thought to be about fifty to sixty percent attributable to inheritance, a conclusion based in large part on studies of twins reared either together or apart," Reus explained.

"Inherited aspects of personality by definition must have some biological underpinning, but this is the first controlled study of the effects of a drug on a component of personality in people who are not mentally ill," he said. "Our findings lead us to conclude that different aspects of normal personality may be altered by psychopharmaceuticals that act on distinct nerve pathways in the brain."

Other researchers in previous studies found that, in psychiatric patients, low levels of a signaling molecule, the neurotransmitter serotonin, may be related to psychiatric disorders characterized by hostility and aggression, Reus said. In addition, arsonists, violent criminals and people who die by violent methods of suicide score low on markers of serotonin activity, he adds, and studies of monkeys also indicate that low sociability and high hostility may be associated with low serotonin levels.

The UCSF investigators tracked changes in research subjects by taking measurements at the beginning of the study, after one week, and after four weeks. After only one week, anti-depressant recipients scored lower on measures of hostility, inversely related to blood levels of the anti-depressant.

"From a societal point of view, the result raises the issue of cosmetic psychopharmacology," Reus said. "To what degree should our expectations include not experiencing any significant distress if a drug is available that can reduce the dimensions of distress?"

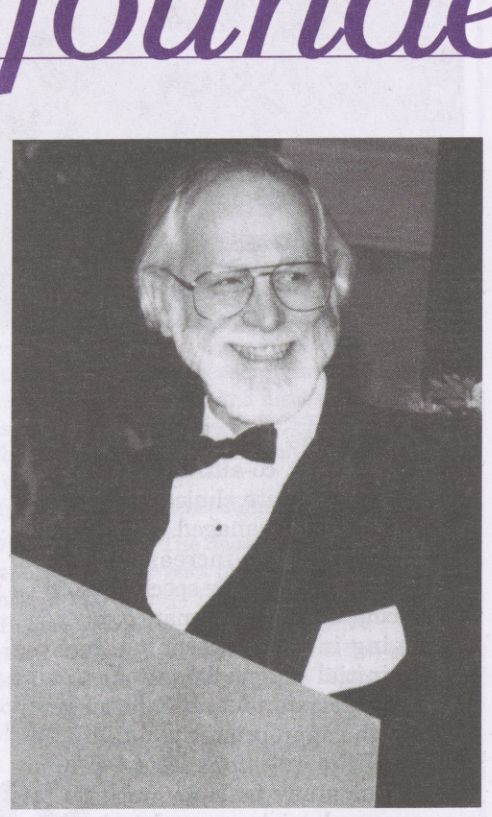
The UCSF researchers also measured "affiliative behavior" by gauging how much study participants considered or solicited input from partners in solving a simple spatial puzzle. The same-sex, puzzle-solving pairs, each with one member of the placebo group and one from the anti-depressant group, were videotaped from behind a one-way mirror. The researchers determined that degree of cooperativeness in puzzle-solving corresponded to blood levels of paroxetine.

As a scientific control, neither study participants nor the scientists who measured their responses and observed their behavior knew who had received the active drug until the con-

See **Paroxetine** on page 8

UCSF founders day 1998

UCSF honored the following faculty, staff and members of the community at this year's Founders Day celebration, held March 9 and 10.



Newly appointed UCSF Chancellor J. Michael Bishop honors the award recipients in a speech at the Founders Day banquet, held at the Ritz-Carlton.

Former UCSF Chancellor Joseph Martin, UCSF Stanford Health Care executive vice president and COO William Kerr and Chancellor Haile Debas are all smiles at the banquet.

Photos by Chris T. Anderson

Chancellor's Award for Exceptional University Service

Elaine Bodeen, administrative analyst, facilities management. Bodeen has more than 16 years of University service. Her high level of customer attention in the Contracts Division of Facilities Management shines in a very stressful and demanding work environment. She is a major link between UCSF construction projects, outside design professionals and the construction industry. Known for never missing a contract deadline and for her training excellence among her peers, her exemplary efforts have made the Contacts Unit a quality operation.

Eunice Chee, senior administrative analyst, Institute for Health Policy Studies. Chee has more than 20 years of University service. As the executive assistant to the director of health policy studies, she responds to a broad range of demands at an exceptionally high professional level and has an unceasing desire to help the institute fulfill its mission. With her legendary organizational skills and generous spirit, she has been described as representing all that we strive for in our professional work environment.

Daisy Leo, assistant to the dean, School of Medicine. Leo has more than 13 years of University service. In her capacity as executive assistant, she has served two chancellors and three deans with intelligence and judgement, efficiency and dependability, and with dedication and respect for all UCSF constituents. Leo performs her job responsibilities with remarkable poise and in a manner that consistently exceeds the highest expectations, providing a standard of professionalism for any and all staff.

Rachel Mozesson, administrative analyst, department of biochemistry and biophysics. Mozesson has more than 15 years of University service. Her primary responsibilities include management of postdoctoral affairs, administration of the graduate program in cell biology and coordination of the annual Asilomar Biochemistry meeting. The myriad responsibilities she performs in a high-pressure environment accentuate her creative and innovative problem-solving skills, effective interpersonal skills, organizational skills and service-oriented attitude.

John Newman, laboratory assistant III, restorative dentistry. Newman has more than eight years of University service. Responsible for the task of organizing, distributing and preparing dental student equipment and materials in the preclinical teaching laboratory of predoctoral dental students, Newman's excellence and dedication are described as having significantly enhanced the quality of the dental students' learning experience at UCSF. His exceptional efforts in attending to his duties have earned him the title of an ambassador who has touched the lives of many students, faculty and staff at the School of Dentistry.

Lynda Zammarchi, senior administrative analyst, obstetrics, gynecology and reproductive sciences. Zammarchi has more than 20 years of University service. Responsible for managing the human resources payroll activities for more than 480 faculty and staff members, she is known as the person who can be counted on for exceptional service and excellence in all aspects of her job. Zammarchi consistently displays an unwavering loyalty and dedication to supporting the department's goals and has been described as a role model for staff at UCSF who exemplifies the outstanding qualities for which this award was created.

UCSF Medal winner Joanne Lewis, was joined at the banquet by her granddaughter, Sierra Hicks, age 6.

Exceptional University Service Award-winner Daisy Leo receives a congratulatory embrace at the awards luncheon, held on campus.

Doris and Don Fisher, co-founders of The Gap Inc., accept their UCSF Medals at the banquet.

Distinguished Nurse Award

Sherrie Christensen, clinical nurse III, 14 Long/Moffitt.Christensen is acknowledged for her role in founding, developing and serving as chairperson of the 14 Long/Moffitt Standards Committee. This committee, with representatives from all segments of the nursing staff, was created to address the issues involved with restructuring the department of nursing. With her influence, the committee has helped to create teamwork, collaboration and cohesiveness at 14 Long/Moffitt. Christensen has continued to be committed to quality patient care and is a role model to the nursing staff.

UCSF Mount Zion Milton and Helen Pearl Award for Outstanding Service

Mary Arnold, senior administrative assistant. Arnold works in the UCSF Mount Zion department of medicine. During her 30 years of service at Mount Zion, she has consistently provided an extra caring touch when dealing with patients, patient families, faculty, students, co-workers and the public. In all of her roles, Mary Arnold displays intelligence and initiative and works tirelessly to ensure successful completion of each task undertaken. Equally noteworthy are her personal qualities of integrity, sensitivity and respect, which are evident in all of her interactions with others. Her skill, sharp judgement, people caring and personal effort epitomize the Mount Zion work ethic — "Healing grounded in learning and supported by acts of personal kindness."

Jeanne Yalon Award for Excellence in Oncology Nursing

Deborah Hamolsky, clinical nurse specialist, UCSF Mount Zion Breast Center. Hamolsky is the anchor that holds the Breast Center together for patients. She is a tireless patient advocate and her presence touches every breast cancer patient who passes through the Cancer Center. She is a mature, thoughtful, compassionate practitioner and an excellent role model and valuable resource for her colleagues. Her outstanding dedication and contributions to the care of breast cancer patients and their families has made an impact on the community.

Helen B. Ripple Award for Excellence in Neuroscience Nursing

Juliana Broderson, clinical nurse III, operating room. Broderson exemplifies leadership, compassion and commitment to excellence. She brings a highly professional approach, a firm knowledge and interest in the neurosciences and a genuine concern for the people around her — be they co-workers, surgical staff or patients and their families. She is dedicated to improving the quality of care delivered to the neuro patients. Her interactions with patients and family members inspire confidence. She generously shares her expertise by precepting others in the perioperative role.

Mount Zion Breast Center clinical nurse specialist Deborah Hamolsky, the Jeanne Yalon Award winner, with friend.

Newsbreak previously announced the recipients of two other awards. The **UCSF Medal** was bestowed on Doris and Don Fisher, William B. Kerr, Joanne A. Lewis, Joseph B. Martin and Stanley B. Prusiner at the banquet. The **Chancellor's Award for Public Service** was awarded to Helen Miramontes, Leon King and Lawrence Brown at the awards luncheon.

Smoking in reel life belies real world habits

By ANDY EVANGELISTA and JEFFREY NORRIS

It's a memorable scene from the movie Basic Instinct — one that made Sharon Stone famous. Clad in her form-fitting white dress, Stone is interrogated by detectives led by a character played by Michael Douglas. During a tense moment and with all eyes on her, she makes the calculated move — she turns her head, crosses her eyes and draws a slow puff from a cigarette.

Scenes like that are becoming a real drag to health advocates concerned that the silver screen has become clouded by cigarette smoke.

A new UCSF study reports that the incidence of smoking in top-grossing movies has increased during the 1990s, and dramatically exceeds real smoking rates. On average, every three to five minutes in the 35 top-grossing movies studied, including Basic Instinct, tobacco was used.

After declining over three decades, smoking in movies has returned to levels comparable to those observed in the 1960s, before the issuance of the first Surgeon General's report on smoking and health in 1964, says tobacco researcher Stanton A. Glantz, a professor of medicine at UCSF with the Institute for Health Policy Studies and the Division of Cardiology.

In movies from the 1960s, tobacco was used about once every five minutes of film time. In films from the 1970s and 1980s, tobacco was used about once every 10 to 15 minutes, said Glantz.

The report by Glantz and Theresa F. Stockwell, who conducted the research as part of a master's degree project, appears in the new issue of Tobacco Control, a scientific journal published by the British Medical Association. Glantz and Stockwell randomly selected for analysis five films from among the 20 leading moneymakers for each year from 1990 to 1996.

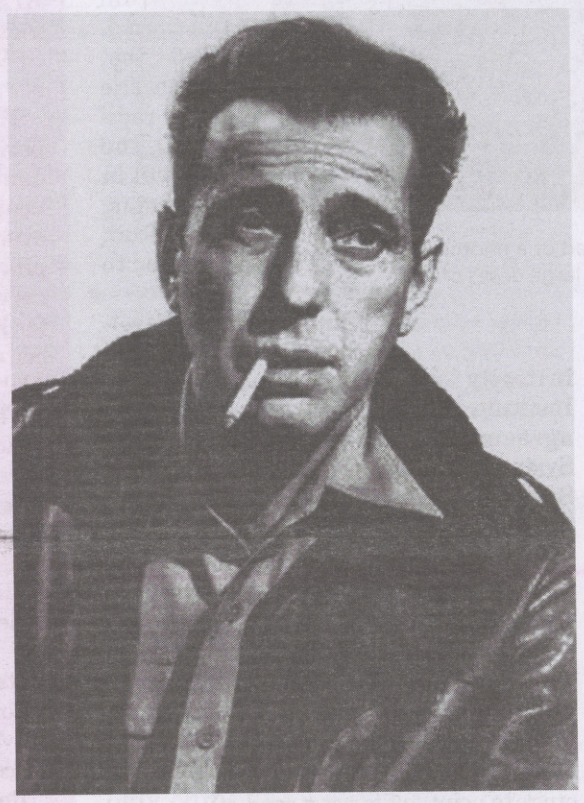
The presentation of smoking in films remains pro-tobacco, according to Stockwell and Glantz, with only 14 percent of tobacco screentime presenting adverse social or health effects of tobacco use.

After the 1960s, smokers in movies were mainly the tough people or villains, like Stone in Basic Instinct, but now the affluent and respected characters, such as the lawyer played by Matthew McConaughey in the 1996 film, "A Time to Kill," which was also analyzed in the UCSF study, are smokers.

"The use of tobacco in films is increasing and is reinforcing misleading images that present smoking as a widespread and socially desirable activity," according to Glantz and Stockwell. "These portrayals may encourage teenagers — the major movie audience — to smoke."

Films continue to present the smoker as one who is typically white, male, successful and attractive, a movie hero who takes smoking for granted, the researchers report. "As in tobacco advertising, tobacco use in the movies is associated with youthful vigor, good health, good looks, and personal and professional acceptance.

"Portrayals of tobacco use, whether in a positive or negative context, lead to changes in attitudes that predispose children to smoking. In an era in which the tobacco industry is finding traditional advertising media increasingly restricted, the appearance of tobacco use in motion pictures is an important mechanism to promote and reinforce tobacco use, particularly among young people," they reported.



In the movies, 57 percent of leading characters smoked, compared to just 14 percent of similar people in the general population. In the films from 1991 through 1996, 80 percent of the male leads smoked.

In an earlier study, Glantz analyzed two films from among the 20 most popular films every year for the years 1960 through 1990. After comparing the 1960-90 movies and the current study, the researchers concluded that the socioeconomic status of smokers in movies has increased dramatically during the 1990s, despite the fact that smoking in real life is more common among lower social classes.

The reason for the increasing incidence of smoking in films is not clear, Glantz said. During the 1980s, the tobacco industry was paying substantial fees for product placement, Glantz and Stockwell point out, but the Tobacco Institute claims that payment for specific brand placement in films has ended. Glantz and Stockwell found that brand identification decreased during the 1990s.

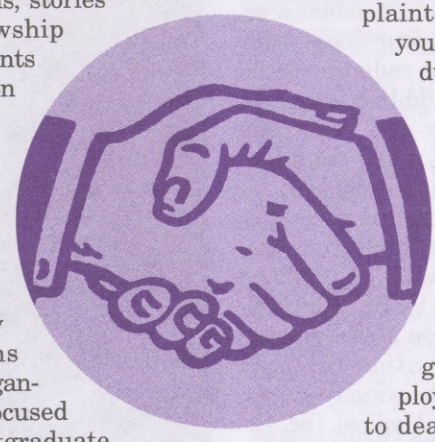
Glantz and Stockwell argue that strong anti-tobacco advertisements should be aired by movie theaters prior to the screening of any film that portrays smoking, and that movie producers should require everyone connected to the making of a film to certify that they are not receiving money or gifts for the use of tobacco in films.

CAMPUS BRIEFS

Fellowships grants

The Howard Hughes Medical Institute (HHMI) and the American Association for the Advancement of Science (AAAS) recently unveiled a new site on the Internet that offers young scientists information on how to obtain support for research and advanced training in the biomedical sciences.

GrantsNet (www.grantsnet.org) provides an extensive database on fellowships, grants and other sources of support for young biomedical scientists. The site also features links to the websites of funders, online applications, stories about previous fellowship recipients and comments from recent application reviewers.



Built on an extensive collection of career resources data originally compiled by HHMI, GrantsNet includes funding information from many different foundations and other nonprofit organizations. Currently focused on graduate and postgraduate training and junior faculty positions, the site will soon expand to encompass undergraduate and precollege science education.

Medical students and physicians can use GrantsNet to find programs that provide financial support for physician-researchers. Graduate students can find out about possible funding for postdoctoral positions. Undergraduates thinking of going to graduate school can learn about fellowships and other sources of support.

Resolving employee conflicts

Would you like to spend more of your time working productively? Would you prefer to resolve issues before they become time-consuming, complex problems? By attending this workshop, held May 9 from 9 a.m. to 4:30 p.m., you will learn strategies for resolving employee concerns before they impact the productivity of your unit or department. You will see how employee morale can improve through early resolution of complaints. Also, you will regain your ability to focus on productive work rather than negative issues. This workshop will include: understanding the basis of employee complaints and conflicts, identification of the early warning signs of employee discontent, development of strategies for dealing with employee issues, practice time to deal with a real employee problem and development of a plan of action regarding a current employee problem. Participants should bring to the workshop at least one current employee problem. This one-day course is designed for managers, supervisors and team leaders who have direct responsibility for directing the activities of others.

Class fee is $90. Call 476-4032.

Underserved (from page 1)

works, according to Bindman. There have been anecdotal reports about physician exclusion, but this is the first study to do a systematic evaluation," he said.

The UCSF research involved a random sample of 520 physicians in Alameda, Contra Costa, Fresno, Los Angeles, Orange, Riverside, Sacramento, San Bernardino, San Diego, San Francisco, San Mateo, Santa Clara and Solano counties.

All the physicians were in office-based private practice in the primary care specialties of family medicine, pediatrics, general internal medicine or obstetrics/gynecology. They participated through written responses to a questionnaire.

The UCSF team chose California for the study because of the high rate of managed care penetration across the state, according to Bindman.

The researchers designed their questionnaire to focus on three main areas: the frequency that physicians were denied or terminated from managed care contracts, the characteristics of the physicians and their practices who had this experience, and the impact of the experience on the physician's ultimate involvement with managed care.

"The high number of primary care physicians who had a contract denied or terminated — 22 percent of study participants — was a surprise," Bindman said. "It's likely that physician specialties that are oversupplied compared to primary care are experiencing even greater rates of denial and termination from managed care."

The USCF research team concluded that managed care plans are selective about whom they choose for contracts, but the team found no systematic discrimination based on physician race, ethnicity, age, or gender.

Other study results include:

- While primary care physicians were not successful in obtaining every managed care contract they sought, 90 percent were able to participate in at least one managed care plan.
- The strongest predictor of contract denials and terminations — and participation in managed care — was the size of the physician's practice. The larger the practice, the less likely there was denial or termination.
- Physicians who were denied or terminated from an independent practice association (IPA) or direct health maintenance organization (HMO) contract had 35 percent of their patients from managed care, while those who did not experience a denial or termination had 43 percent of patients from managed care.
- Board-certified physicians were twice as likely as non-board-certified MDs to have one or more managed care contracts.
- Of the physicians denied an IPA contract, 20 percent believed it was due to racial discrimination, and 25 percent thought it was related to not being in the right social circles.

Philip Hopewell, associate dean for the UCSF School of Medicine at SFGH, called the findings disturbing. "By excluding physicians who care for large numbers of patients from underserved groups, managed care organizations are selecting for patients who have less severe and less frequent illness. This situation leaves public hospitals, such as SFGH, that have a mission to care for the sickest patients, at a competitive disadvantage in a market-driven health economy," he added.

The JAMA article's co-authors are Kevin Grumbach, Karen Vranizan, Deborah Jaffe and Dennis Osmond. The research was supported by a grant from The Robert Wood Johnson Foundation.

Skin cancer (from page 5)

vestigating dermatologist, a two-hour interactive seminar, and a melanoma prevention kit.

The control group, the intervention group and the dermatologists all demonstrated some improvement after completing the final, or post-test, which replicated the pre-test. The intervention group, however, showed significantly greater improvement than the control group in overall diagnosis of malignant melanoma and seborrheic keratosis.

Study co-authors are: Amy Bronstone, UCSF research associate of behaviorial sciences; Mimi Wolff, UC Berkeley research project coordinator; Toby Maurer, UCSF assistant professor of dermatology; Timothy Berger, UCSF associate clinical professor of dermatology; Steven Pantilat, UCSF assistant clinical professor of medicine and Steven J. McPhee, UCSF professor of medicine.

Registration for Take Our Daughters to Work Day closing April 9

Girls and boys interested in participating in UCSF's fourth annual Take Our Daughters to Work Day should register for the event by Thursday, April 9 in order to ensure themselves a space in their program of choice.

UCSF staff, faculty and students who are interested in registering a child in one of the programs at Parnassus, UCSF Mount Zion, the Mission Center Building, J. David Gladstone Institute at SFGH and Executive Park, are encouraged to do so as soon as possible.

Registration is on a first-come-first-reserved basis. Program schedules and registration forms will be mailed starting March 18.

Included this year for the first time is a special program designed for boys, addressing male stereotypes and discussing how boys and men can be supportive of the roles girls and women play in society. A tour of the microbiology labs will follow.

Registration is separate for the girls' and boys' programs. Anyone who has not received a program schedule and registration form may obtain one by contacting Katherine Riordan in the Public Affairs Office at 476-0729.

Photos by Chris T. Anderson

UCSF uses new mobile electron system to provide radiation to cancer patients in the operating room

By DALE MARTIN

Until recently, a patient undergoing cancer surgery might have to be transported to a different area of the hospital to receive radiation treatment — or Intraoperative Radiation Therapy — at the time of surgery.

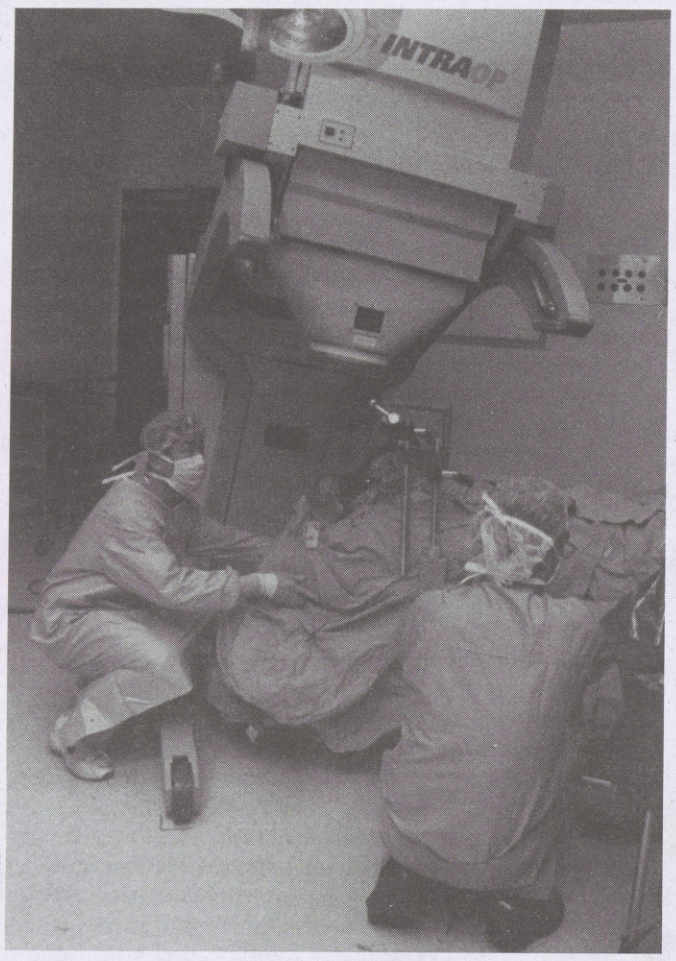
Intraoperative Radiation Therapy (IORT) is a technique that has been used for cancer patients since the mid-1980s. More than 11,000 patients have been treated with IORT, which has been effective in helping to contain the growth of cancer. The use of radiation therapy at the time of surgery, however, has also meant added time and inconvenience as patients are transported four floors from the operating room to the radiation facility and back again. In addition, scheduling in both the surgery and radiation departments becomes more complex when surgical cases require radiation.

Now an innovative mobile electron beam system called the Mobetron, the first of its type, is in use at UCSF Medical Center, which is part of UCSF Stanford Health Care. The Mobetron allows cancer patients to receive radiation therapy without having to leave the surgery suite.

Developed by Intraop Medical Inc. in Santa Clara, the Mobetron is expected to cut the time, cost and complexity of transporting surgical patients to the radiation facility. In addition, it will provide a way for the oncology team to administer precision high dosages of radiation that potentially could be more effective than what a patient might receive during conventional radiation therapy.

"This is going to be a major tool in cancer surgery where you have tumors with a high risk of advancing," said Ted Phillips, chairman of the UCSF radiation oncology department, who noted that there is a high local recurrence rate for such tumors.

The Mobetron has been used in more than 15 procedures at UCSF to date, including on patients with head and neck cancer and mesotheliomas (chest or abdominal cavity cancers). Because it produces an electron beam — rather than the photon beam in conventional x-ray methods — the Mobetron allows physicians to deliver a large dose of radiation safely to the patient.



Chris T. Anderson

The Mobetron produces an electron beam, instead of a photon beam, allowing physicians to treat patients with large doses of radiation without leaving the operating room.

"This offers something to patients where conventional therapy hasn't worked. It offers them another chance to have their cancer controlled," said Richard Krieg, UCSF clinical professor of radiation oncology, who has used the Mobetron in several cases with head and neck cancer.

Phillips noted that because of the precision of the beam and type of radiation, patients can be treated in an ordinary operating room without the expense of concrete shielding.

"It's much easier and less cumbersome than transporting patients to our radiation facility," said David Jablons, UCSF chief of general thoracic surgery, who has used the Mobetron in surgeries involving mesothelioma. "The high-energy electron beam is as good or better than the accelerator downstairs," he said referring to the conventional radiation treatment facility located on the ground floor of the UCSF Medical Center.

The Mobetron was developed by a team of engineers from Intraop Medical Inc. with input from physicists, surgeons and radiation oncologists from throughout the world. Weighing 2,500 lbs. (about one-eighth the size of conventional radiation accelerators), the Mobetron is built to fit in most operating rooms, and can be moved from one operating room to another.

Funding for the development was obtained initially from a National Cancer Institute grant. Under terms of a recent agreement, Siemens Oncology Care Systems, a division of Siemens Medical Systems Inc., will begin manufacturing the Mobetron.

Rice (from page 1)

band was all for it, but I chose to stay home," Rice said. But after 11 years of staying home, she yearned to return to the trenches. "I had become very active in the League of Women Voters and the PTA," Rice laughed. "I always knew I would come back to work. There was not enough to stimulate me at home."

She returned to the PHS, but the person she had worked for 11 years earlier had since moved on to the Social Security Administration. Rice followed, and was consequently handed one of the most important studies of her career. Using the results of the 1963 national survey of the aged, which revealed that half the aged population had no health insurance and those that did had very poor coverage, Rice and her colleagues helped create the Medicare statistical analysis system that is still in use today. "That was really a marvelous opportunity," Rice said. "I think that was the beginning of my feel for the need for research, and how research can really have a direct effect on policy."

Rice is still amazed that national health insurance did not follow when Medicare was enacted in 1965. "We were sure that a medicare program for people under 65 would emerge and it would emerge quickly," Rice remembers. "We could see it over our shoulder… it was right there."

In 1982, Rice retired from a full career in the federal service and moved with her husband to the Oakland hills. But she was not ready to slow down just yet.

"I knew that I wouldn't actually retire, but I didn't know what I would do," Rice said. She contacted former UCSF Chancellor Phil Lee, with whom she had worked in Washington, DC, and he put her in contact with Carroll Estes, director of UCSF's Institute for Health & Aging.

"I didn't know her, she didn't know me. But she thought it was a great idea that I come and be a part of the Institute for Health & Aging," Rice remembers.

During her first year at UCSF she was given a Regent's Lectureship. "It was a good year," Rice said. "It got me started back into the area of research that I had been doing before I became an administrator in the federal government."

"Professor Rice's affiliation with UCSF and the Institute for Health & Aging has moved our research from thinking of chronic illness and costs of illnesses as only impacting the elderly to understanding its intergenerational effects," Estes said. "Her work is influencing public health policy across the nation."

In the past 15 years, Rice conducted myriad cost studies, a "detailed, sometimes tedious" process that considers not only medical care costs, but indirect costs like the value of losses to productivity for people who are ill, disabled or die prematurely.

Rice and Wendy Max, associate director of the Institute for Health & Aging, are now compiling cost figures on intimate partner violence. "We are looking at the criminal justice costs, the costs associated with rape, physical violence and stalking."

Max is also co-chair of the Dorothy P. Rice Health Policy Symposium, to be held March 24 at Laurel Heights, which Max is quick to point out is not a send-off.

"We figured if we waited for her to retire, we would have to wait forever," Max said. The roster of speakers lined up to share their memories of Rice's work reads like a cast list from "This is Your Life." Figures from her days in the civil service, the countless people she has mentored and her contemporaries at UCSF will share the podium at this day-long event.

"When she walks into a room, people come out of the woodwork to hug her, to speak with her" Max said. "We wanted to honor her in that spirit."

"They are making such a fuss about me," Rice beamed. "I don't know why I deserve it but I am thrilled about it."

Paroxetine (from page 5)

clusion of the study.

Paroxetine is manufactured by SmithKline Beecham and sold under the brand name Paxil. It is one of a class of anti-depressant drugs known as selective serotonin re-uptake inhibitors, or SSRIs, which have been in clinical use for a decade. SSRIs are believed to relieve symptoms of depression by increasing the availability of serotonin required to transmit electrical signals in nerve pathways affecting mood.

The new findings suggest that drugs affecting specific signaling pathways in the brain — pathways affected by serotonin in the case of paroxetine — can lead to changes in particular personality characteristics.

Personality researchers measure differences in human personality by looking at a handful of components, including shyness or gregariousness, patterns of thinking, measures of negative emotionality and measures of positive emotionality. Previous research has led personality researchers to consider negative and positive emotionality to be independent variables, since a person can tend to be expressive of both negative and positive emotions, of neither type of emotion, or of one type but not the other.

This conventional thinking is buttressed by the current study, in which the researchers found that levels of hostility, and to a lesser extent anxiety and sadness, were related to blood levels of the anti-depressant, while measures of positive emotionality were apparently unaffected by the drug. This result suggests that these different aspects of personality are affected by different biochemical and neural pathways, Reus says.

The study was supported by a National Institute of Mental Health postdoctoral training grant and by a UCSF Research Allocation and Evaluation Grant.

Estrogen may aid in prevention and treatment of Alzheimer's

By JAMES LARKIN

In the United States, about 30 million women are treated with estrogen replacement therapy (ERT) for symptoms of menopause. While it is widely believed that ERT also helps prevent heart disease and osteoporosis, its efficacy in preventing dementia and improving cognition in postmenopausal women is frequently suggested but less clear.

Hoping to settle this hotly debated question, researchers at the San Francisco Veterans Affairs Medical Center and the University of California San Francisco reviewed every published estrogen study and reached some conclusions. Their findings are published in the March 4 issue of The Journal of the American Medical Association.

"It appears there is an association between estrogen replacement therapy and prevention of dementia but whether this is due to estrogen use per se, or to other factors associated with ERT remains to be seen," said Kristine Yaffe, head of the department of geriatric psychiatry at the SFVAMC and UCSF assistant professor of psychiatry.

Possible reasons for the apparent positive effect of ERT on preventing dementias include a patient's age, education, socio-economic background, overall health, and medication compliance. Yaffe points out that the typical characteristics of patients who opt for ERT are the same variables associated with a low incidence of Alzheimer's and other dementias.

The team analyzed the ten studies which addressed the association between postmenopausal ERT and the risk of Alzheimer's disease or other dementias. Since several studies indicated a clear benefit while a few suggested no effect or an actual increase of dementia associated with estrogen use, the researchers performed a meta-analysis — a statistical method of combining the results of smaller previous studies to illustrate their outcomes better.

Results of the meta-analysis suggest that ERT reduces the risk of developing Alzheimer's disease and other dementias by almost 30 percent. According to Yaffe, the study's lead author, a meta-analysis helps to put the studies' original results in perspective but it cannot fix some of their individual shortcomings. "What we've done is summarize all of the available data in a way that lets us see the big picture," said Yaffe.

The researchers conclude that large, placebo-controlled trials are required to determine accurately the role of ERT in prevention and treatment of Alzheimer's disease and other dementias. Several such trials are under way but meaningful results will not be available for several years. Without those findings, Yaffe said it is premature to use ERT for prevention of Alzheimer's disease and other dementias, or for treating these dementias.

Approximately ten percent of people over the age of 65 and nearly half of those more than 85 years old have dementia. Alzheimer's disease, the most common cause of dementia, is estimated to affect 3.75 million Americans at a cost of $67 billion annually.

Co-investigators on the study included George Sawaya, UCSF assistant professor of obstetrics & gynecology; Ivan Lieberburg, UCSF clinical professor of medicine and vice president of research at Athena Neurosciences; and Deborah Grady, UCSF associate professor of medicine and epidemiology.